

MUSCULOSKELETAL GALAXY

JUNE 22 – 26, 2022 | DENVER, CO



Agenda

Wednesday, June 22, 2022

6:30 a.m. – 6 p.m.

On-Site Registration

7 a.m. – 12 p.m.

Pre-Course: Acute Care Splinting and Casting Workshop - Morning Session *(Separate registration required.)*

Tom Gocke DMSc, PA-C, DFAAPA, Travis Randolph, PA-C, ATC, Stephanie L. Stradley, PA-C

The Acute Care Splinting and Casting Workshop is designed for new graduate PAs/NPs and PAs/NPs who are new to treating musculoskeletal injuries. Our instructors will help you develop the skills you will need to effectively apply acute care splints for common upper and lower extremity injuries. This course will cover the following splints: volar wrist splint, ulnar gutter splint, upper extremity sugar tong splint, low leg posterior splint, and low leg stirrup (sugar tong) splint. The application of fiberglass short arm and short leg casts will also be covered. Unfortunately, due to time constraints, this workshop will not cover fracture reduction techniques, advanced skills, or the application of plaster splints/casts.

At the conclusion of this session, participants should be able to:

- Demonstrate proper application techniques for cast padding of the upper and lower extremity injuries
- Demonstrate proper application techniques for application of a rigid splint for immobilization of upper and lower extremity injuries
- Demonstrate proper application techniques of a short arm cast
- Demonstrate proper application techniques of a short leg cast

8 a.m. – 12 p.m.

Pre-Course: Musculoskeletal Injection Workshop for Beginners - Morning Session *(Separate registration required.)*

Chuck Dowell, PA-C, ATC, Ashley Chrisman, PA-C, Kevin Shinsako, MS, PA-C

This lecture will focus on a basic introduction and understanding into the world of MSK injections. We will review common MSK problems that will require injection therapy. This session will cover different anesthetic and corticosteroid

agents, relevant anatomy regarding each injection, techniques to perform common MSK injections, and potential reactions and complications you may see from each injection.

At the conclusion of this session, participants should be able to:

- Identify indications, contraindications, risks, benefits, materials and proper technique of common MSK injection therapy
- Identify common conditions of the upper and lower extremity that may benefit from injection therapy
- Demonstrate beginning competencies regarding the location and identification of important functional anatomical landmarks and correct needle placement for injection therapy
- Review acute inflammatory response and common complications from MSK injections

1 - 6 p.m.

Pre-Course: Acute Care Splinting and Casting Workshop - Afternoon Session
(Separate registration required.)

Tom Gocke DMSc, PA-C, DFAAPA, Travis Randolph, PA-C, ATC, Stephanie L. Stradley, PA-C

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1 - 5 p.m.

Pre-Course: Musculoskeletal Injection Workshop for Beginners - Afternoon Session
(Separate registration required.)

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Thursday, June 23, 2022

7 a.m. – 5:15 p.m.

On-Site Registration

7 - 8 a.m.

Exhibits and Breakfast (Provided)

8 - 8:15 a.m.

Welcome Remarks

8:15 – 9:15 a.m.

Sins to Avoid: Orthopaedic Oncology

Ian Dickey, MD

A comprehensive primer from introduction to evaluation, assessment and disposition of primary bone and soft tissue tumors.

At the conclusion of this session, participants should be able to:

- Discuss principles of bone and soft tissue tumor identification
- Describe the indications and patterns for evaluation
- Explain biopsy indications and pit falls

9:15 – 10:15 a.m.

Cracking the Foot and Ankle Code

Sonya Ahmed, MD

The foot is an intricate aspect of the human body consisting of 26 bones, 33 joints and more than a hundred muscles, tendons and ligaments even further

cleverly articulating with the ankle. It is not therefore unreasonable to expect that injuries to such a sophisticated aspect of the body can sometimes be difficult to identify and unfortunately when missed can be catastrophic to the patient. It is the goal of this presentation to inform and educate the attendees so that no injury goes missed and better yet, obtains the appropriate treatment.

At the conclusion of this session, participants should be able to:

- Identify critical anatomy of the foot and ankle and its relevance to common pathologies
- Have a better understanding of foot and ankle issues that require referral
- Provide non-operative care and treatment of common foot and ankle pathologies

10:15 - 10:30 a.m. **Exhibits/Break**

10:30 a.m. – 12:30 p.m. **Introduction to MSK Radiology**

Kelby Napier, MD, PhD

This session will explore the relative strengths and weaknesses of the imaging modalities used in musculoskeletal imaging, and how to select the most appropriate imaging for patients utilizing a case based approach.

At the conclusion of this session, participants should be able to:

- Outline the strengths and weaknesses of different imaging modalities
- Recognize common injury patterns and their appearance on imaging
- Confidently order appropriate studies for their patients
- Describe the imaging options available for evaluating bone and joint pathology

12:30 p.m. - 1:30 p.m. **Exhibits and Lunch (Provided)**

1:30 p.m. – 3:15 p.m. **Breakout Session 1**

Common Radiology Cases Breakout Session

Kelby Napier, MD, PhD

In this breakout session we will cover common cases that you will encounter in practice and discuss their imaging appearance on multiple modalities

At the conclusion of this session, participants should be able to:

- Identify common injuries and their imaging appearance

- Describe the imaging appearance of common sources of musculoskeletal pain
- Review your patient's imaging with increased confidence and accuracy

Essentials of Orthopaedic Fracture Management

Tom Gocke, DMSc, PA-C, DFAAPA

This lecture will review standard methods to describe fractures and fracture patterns based on a systematic review of injury radiographs. We will discuss traditional examination techniques, assessment of soft tissue injuries, and emergent treatment options for acute fractures.

At the conclusion of this session, participants should be able to:

- Describe fractures based on location, angulation, displacement & soft tissue injuries
- Recognize and describe factors associated with acute fractures
- Describe exam maneuvers essential for acute fractures
- Recognize essential radiographic characteristic of fractures

Fracture Management Skills Lab

Christopher V. Bensen, MD, Sonya Ahmed, MD

At the conclusion of this session, participants should be able to:

- Use AO/OTA classification to distinguish fractures and indicate appropriate treatment
- Indicate appropriate digital or regional anesthesia for particular fracture patterns or joint dislocations
- Recognize and indicate the proper procedures to stabilize particular fracture patterns
- Recognize the difference between different types of plate and screw fixation
- Recognize need for external fixation and the principles associated with external fixation

Lower Extremity and L-Spine Physical Exam Techniques Breakout Session

Gary Sakryd, MS, PAC, AT(ret), DFAAPA, Chuck Dowell, PA-C, ATC, Kevin Shinsako, MS, PA-C

Physical examination is the cornerstone of diagnosis and treatment of orthopedic pathology. In this session, we will be demonstrating various ways of examining the lower extremities, including the hip, pelvis, knee, ankle and foot, as well as the lumbosacral spine. Throughout the session, moderators will be

giving expert advice on technique and providing insight on history taking and approach to the orthopedic patient.

At the conclusion of this session, participants should be able to:

- Examine the L spine to assess and rule in/out trauma, infection, instability, degenerative changes and radiculopathy
- Examine the hip, knee, ankle and foot to assess and rule in/out trauma, sports injuries, infection, degenerative changes

Upper Extremity and C-Spine Physical Exam Techniques Breakout Session

Travis Randolph, PA-C, ATC, Jill Fattor, PA-C, MS, Stephanie L. Stradley, PA-C

This lecture will review standard methods to describe fractures and fracture patterns based on a systematic review of injury radiographs. We will discuss traditional examination techniques, assessment of soft tissue injuries, and emergent treatment options for acute fractures.

At the conclusion of this session, participants should be able to:

- Perform physical exam special test, range of motion, and appropriate strength test for the C-spine
- Perform physical exam special test, range of motion, and appropriate strength test for the shoulder
- Perform physical exam special test, range of motion, and appropriate strength test for the elbow, wrist and hand

3:15 - 3:30 p.m.

Exhibits/Break

3:30 – 5:15 p.m.

Breakout Session 2

Common Radiology Cases Breakout Session

Essentials of Orthopaedic Fracture Management

Fracture Management Skills Lab

Lower Extremity and L-Spine Physical Exam Techniques Breakout Session

Upper Extremity and C-Spine Physical Exam Techniques Breakout Session

5:30 – 6:30 p.m.

Networking Event

Friday, June 24, 2022

7 a.m. – 5:15 p.m.

On-Site Registration

7 - 8 a.m.	Exhibits and Breakfast (Provided)
8 - 9:45 a.m.	<p>Breakout Session 3</p> <p>Common Radiology Cases Breakout Session</p> <p>Essentials of Orthopaedic Fracture Management</p> <p>Fracture Management Skills Lab</p> <p>Lower Extremity and L-Spine Physical Exam Techniques Breakout Session</p> <p>Upper Extremity and C-Spine Physical Exam Techniques Breakout Session</p>
9:45 - 10 a.m.	Exhibits/Break
10 - 11 a.m.	<p>My Lower Back is Killing Me</p> <p>Christopher Gallus, DO</p> <p>Back pain and neck pain are some of the most common complaints that patients present with. It is important to understand both the complex anatomy of the spine and the way that degeneration impacts structures in the spine in order to properly evaluate patients with spine related complaints. It is essential to combine history, physical exam findings, and imaging studies to establish specific pathology of a patient’s complaint. Once this is established you can then determine what treatment options are available to the patient based on their specific pathology. With proper understanding of spine conditions, you will be able to treat patients appropriately with conservative options and refer to specialist when necessary.</p> <p>At the conclusion of this session, participants should be able to:</p> <ul style="list-style-type: none"> • Describe how spine anatomy is related to symptom presentation • Establish a reasonable differential diagnosis based on history and physical exam findings • Provide patients with appropriate conservative treatment options and know when to refer for interventional or surgical treatment
11 a.m – 12 p.m.	<p>Common Orthopedic Conditions of the Knee: Part 1 Intra-articular Injuries</p> <p>Ljiljana Bogunovic, MD</p> <p>In this session we will review the diagnosis, operative and non-operative treatment and rehabilitation and return to sports for common intra-articular injuries of the knee.</p> <p>At the conclusion of this session, participants should be able to:</p>

- Describe the diagnosis of common intra articular injuries of the knee
- Identify the treatment of common intra articular injuries of the knee
- Outline the post-operative rehabilitation and return to sport protocols for common intra-articular injuries of the knee

12 – 1 p.m.

Lunch (On Your Own)

1- 2 p.m.

Fragility Fractures

Stephanie L. Stradley, PA-C

This presentation will help the PA/NP better understand fragility fractures - how to identify, initiate the workup and refer appropriately. This talk will also cover falls prevention and basic bone health.

At the conclusion of this session, participants should be able to:

- Identify risk factors and definition of fragility fractures
- Discuss the pathophysiology of osteoporosis and the basic science of bone metabolism
- Review the epidemiology, diagnosis, and management of fragility fractures
- Summarize the daily recommendations and dosing for Vitamin D and calcium
- Provide an overview of osteoporosis medicines
- Discuss prevention strategies

2 – 3 p.m.

Common Orthopaedic Conditions of the Knee - Part 2

Ljiljana Bogunovic, MD

In this session we will review the diagnosis, operative and non-operative treatment and rehabilitation and return to sports for common extra-articular injuries of the knee.

At the conclusion of this session, participants should be able to:

- Describe the diagnosis of common extra articular injuries of the knee
- Outline the treatment (surgical and nonsurgical) of common extra articular injuries of the knee
- Describe the rehabilitation and return to sport for common extra articular injuries of the knee

3 - 3:15 p.m.

Break

3:15 – 5:15 p.m.

Staying Out of Trouble in Pediatric Orthopaedics

Steve D. Gibbons, MD

Pediatric orthopaedic injuries can be daunting due to the age at injury and the multiple growth plates. This lecture is intended to help recognize common pediatric orthopaedic physical exam and imaging findings to help manage these injuries in both the ED and outpatient setting.

At the conclusion of this session, participants should be able to:

- Recognize common xray findings
- Recognize common pediatric orthopaedic fractures
- Know how to treat or refer common pediatric orthopaedic fractures

Saturday, June 25, 2022

7 a.m. – 5: 30 p.m. **On-Site Registration**

7 - 8 a.m. **Breakfast (Provided)**

8 - 9 a.m. **Small Bones/Strange Joints/ Scores of Problems: Hand and Wrist**

Hand and Wrist injuries can be both daunting and perplexing in the acute setting. Often times, the physical exam can be difficult to accomplish and radiographs impossible to interpret. This session will provide a foundation to help conceptualize and manage the most common injuries to improve confidence in treatment, streamline work flow, and facilitate timely intervention.

Matthew Belton, MD

At the conclusion of this session, participants should be able to:

- Illustrate a basic understanding of radiographic principles regarding hand, wrist, and forearm series
- Recognize important hand and wrist anatomy with physical exam tips and tricks
- Identify and treat ten of the most common upper extremity injuries including identifying/escalating emergent hand and wrist injuries
- Describe common hand and wrist infections with standardized treatment strategies
- Name general cast and splint principles for initial stabilization

9 - 10 a.m. **Common Orthopaedic Conditions of the Shoulder in the Young Athlete**

Christopher V. Bensen, MD

At the conclusion of this session, participants should be able to:

- Identify the symptoms and treatment of cubital tunnel syndrome

- Identify the symptoms and treatment of lateral epicondylitis
- Identify the symptoms and treatment of distal biceps tendon rupture

10 - 10:15 a.m.

Break

10:15 - 11:15 a.m.

The Elbow: Funny Bone or Tiger Country

Matthew Belton, MD

Elbow injuries are both uncommon, acutely, and common, chronically. Often times, the physical exam can be difficult to accomplish and radiographs impossible to interpret. This session will provide a foundation to help conceptualize and manage the most common injuries to the elbow to improve confidence in treatment, streamline work flow, and facilitate timely intervention if needed.

At the conclusion of this session, participants should be able to:

- Recognize important elbow anatomy with physical exam tips and tricks
- Identify and treat the most common elbow injuries including identifying/escalating emergent elbow injuries
- Illustrate a basic understanding of radiographic principles regarding elbow series
- Describe general brace, cast, sling and splint principles for initial stabilization

11:15 a.m. - 12:15 p.m. **Hip and Knee Arthroplasty: Pre-op Optimization Improves Outcomes**

Harry Demos, MD

Although hip and knee replacement are among the most commonly performed orthopedic procedures and they have beneficial outcomes, achieving these outcomes requires diligent pre, intra, and post-op optimization and management. The following topics will be discussed in detail in this Session (1/2):

- Subjective, objective, and radiographic evaluation of hip and knee arthritis and related conditions.
- Risk factor identification and modification
- Pre-operative planning

At the conclusion of this session, participants should be able to:

- Discuss the assessment (including radiograph findings) and treatment of hip and knee osteoarthritis

- Identify important considerations for surgical planning
- Implement protocols and programs for patient optimization

12:15 – 1:15 p.m.

Lunch (Provided)

1:15 - 2:15 p.m.

Common Orthopaedic Conditions of the Shoulder in Weekend Warriors

Christopher V. Bensen, MD

Presentation will help the PA better understand fragility fractures - how to identify, initiate the workup and refer appropriately. Will also discuss falls prevention and basic bone health.

At the conclusion of this session, participants should be able to:

- Identify risk factors and definition of fragility fractures
- Prescribe appropriate workup for fragility fractures and basic interpretation of results
- Demonstrate a basic understanding of treatment options, treatment algorithm and current medications used in bone health
- Describe the most common indications for osteoporosis medications, along with the efficacy, basic pharmacology and common side effect profiles of each medication

2:15 – 3:15 p.m.

It's all in the Hips: An Educational but Hip Presentation

Jessica Lee, MD

In this one hour session, participants should be comfortable reading plain hip xrays and understand which views are utilized for diagnosing hip dysplasia, arthritis, and femoroacetabular impingement pathologies. Additionally, key features of hip pathology will be presented on MRI and CT scans. Participants will learn clinical signs/symptoms as well as key patient historical features that differentiate intra-articular versus extra-articular hip pain including gluteus medius, hamstring and piriformis pathology. Finally, participants will better understand the difference between instability and impingement pathologies of the hip joint and their implications regarding surgical treatment in specific patient populations.

At the conclusion of this session, participants should be able to:

- Describe hip anatomy and identify key differences between intra-articular and extra-articular hip pain
- Differentiate between instability versus impingement pathologies of the Hip joint

- Evaluate pelvic x-rays and advanced imaging to diagnose common hip pathologies
- Diagnose common concomitant and secondary extra-articular manifestations of hip pathology
- Identify the difference between hip preservation and hip arthroplasty surgical candidates

3:15 - 3:30 p.m.

Break

3:30 - 4:30 p.m

How to Keep Your Job: Understanding Reimbursement and Knowing Your Value

Michael L. Powe

This session will assist PAs in understanding the rules and requirements that surround reimbursement for the services performed in both the office and hospital settings. PAs will be able to explain billing rules and better understand how they generate revenue and overall value to employers. The session will also alert PAs about how to minimize concerns about billing mistakes that could lead to practice audits and allegations of fraud and abuse.

At the conclusion of this session, participants should be able to:

- Review changes in reimbursement policies and how PAs/NPs will be impacted.
- Discuss the current reimbursement landscape within both fee-for-service and value-based payment models.
- Identify strategies to improve recognition and tracking of the productivity and value NPs/PAs provide to their employers.

4:30 – 5:30 p.m.

Hip and Knee Arthroplasty: The Details in the OR and Afterwards Make a Difference

Harry A. Demos, MD

Although hip and knee replacement are among the most commonly performed orthopedic procedures and they have beneficial outcomes, achieving these outcomes requires diligent pre, intra, and post-op optimization and management. The following topics will be discussed in detail in this session (2/2):

At the conclusion of this session, participants should be able to:

- Identify important considerations for surgical planning
- Discuss appropriate perioperative care in THA/TKA, including DVT prophylaxis and infection prophylaxis

- Review THA/TKA post-op protocols, including pain management and physical therapy

Sunday, June 26, 2022

7 a.m. - 12:30 p.m. **On-Site Registration**

7 - 8 a.m. **Breakfast (Provided)**

8 - 9 a.m. **Drug Therapies in Orthopedics**

Toral Patel, PharmD

This session will review common drug therapies utilized in patients with orthopedics for the management of pain, osteoporosis, and prevention of blood clots.

At the conclusion of this session, participants should be able to:

- Discuss the risks associated with the use of nonsteroidal anti-inflammatory medications
- Recommend therapies for the management of osteoporosis
- Articulate the efficacy and safety of medications used for clot prevention in orthopedic patients

9 – 10 a.m. **Musculoskeletal Infections--Improbability in Action**

Anne Sullivan, MD

Musculoskeletal infections are one of the current "Last Frontiers" of Musculoskeletal Care. Like an Intergalactic Highway, they have no concern for where they go and what they destroy along the way. Dealing with Musculoskeletal infections requires broad and continually refreshed awareness of the problem and its possible solutions, extensive resource utilization, empathy, and acceptance of the improbable as reality. It is a frustrating and challenging, as well as rewarding, field.

At the conclusion of this session, participants should be able to:

- Recognize the impact of Musculoskeletal Infections on Patient outcomes and the Health System
- Recognize common types and presentations of Musculoskeletal Infections
- Describe interactions of host with disease factors in Musculoskeletal Infection outcomes

- Discuss principles of diagnosis and treatment of Musculoskeletal Infections
- Understand Life, the Universe, and Everything

10 - 10:30 a.m. **Break for Hotel Checkout**

10:30 – 11:30 a.m. **Language of Fractures**

Christopher V. Bensen, MD

At the conclusion of this session, participants should be able to:

- Identify appropriate imaging/testing for orthopaedic cases/questions that are submitted by the audience
- Discuss operative vs. non-operative treatment for orthopaedic cases/questions that are submitted by the audience
- Discuss different orthopaedic surgical techniques and principles from the expert panel

11:30 a.m. – 12:25 p.m. **Evaluation of the Injured Athlete**

Travis Randolph, PA-C, ATC

This Sports Medicine presentation will focus on Orthopedic topics related to covering athletics. Many Physician Assistants are engaged in providing care for high school, collegiate, professional and even weekend warrior athletes. We will discuss the presentation, evaluation and treatment of common athletic injuries and review other medical topics pertaining to Sports Medicine.

At the conclusion of this session, participants should be able to:

- Identify common orthopedic injuries associated with athletics
- Manage common athletic injuries on the field and on the sideline
- Discuss the purpose of pre-participation screenings and emergency action plans in athletics

12:25 - 12:30 p.m. **Closing Remarks**

* This agenda may be updated or modified without notification.